

Comprehensive Substance Abuse Services

- Individual Counseling
- Family Counseling
- Early Intervention
- Recovery Motivation
- Relapse Prevention
- Adolescent Support
- Family Education Classes
- Random Drug Testing
- Parent Coaching & Counseling



Drug and Alcohol Services

Reach us on the web at:
www.slodas.org

Youth and Family Services

South County Services
1523 Longbranch
Grover Beach, CA. 93433
Ph: 805-473-7080

North County Services
3556 El Camino Real
Atascadero, CA. 93422
Ph: 805-461-6080

San Luis Obispo County Drug & Alcohol Services

SERVING YOUTH AND
FAMILIES IN OUR
COMMUNITY



Adolescent Intensive Outpatient Programs

Drug and Alcohol Services provides adolescent substance abusers and their families with counseling and support throughout the drug and alcohol recovery process. The goal of our program is total abstinence, requires parental and/or guardian participation and consists of education, exploring thoughts and beliefs related to drug and alcohol use, developing healthy life skills as well as providing youth with a higher level of problem solving skills to resolve issues in their lives without the use of drugs and alcohol.

Confidential Assessment Services

Assessments consist of a clinical interview, self-report substance abuse assessment questionnaire, and drug testing. Based on the assessment interview a recommendation is made to the most appropriate level of care, which will include one or more of the following:

- ❖ Education
- ❖ Early Intervention
- ❖ Recovery Motivation
- ❖ Early Recovery
- ❖ Skill Building
- ❖ Relapse Prevention
- ❖ Social Support
- ❖ Outpatient Treatment
- ❖ Residential Treatment



Levels of Care

❖ Education & Early Intervention

This part of our program is designed for youth struggling with whether or not to use drugs and alcohol. Issues addressed include communication, boundaries, peer pressure, decision making, self-esteem, and educational information regarding drugs and alcohol. Youth participate in weekly group counseling, individual and family counseling as needed.

❖ Recovery Motivation

This part of our program is designed for youth early in the recovery process who are struggling to find the motivation to discontinue drug use and participate in treatment. This program consists of assisting youth in an honest exploration of their drug use and identifying personal motivation for change. Youth will participate in group counseling sessions and family education once a week, as well as individual & family session as needed.

❖ Early Recovery & Skill Building

This part of our program is designed to assist teens in learning the skills needed to live an abstinent lifestyle and reduce drug and alcohol use. Youth will learn to identify emotions and thinking errors underlying drug and alcohol use, mild depression, anxiety, and anger. Youth will also learn to address issues related to peer pressure and skills to address relationship problems. Youth will participate in group counseling sessions and family education once a week, as well as individual & family session as needed.

❖ Relapse Prevention And Social Support

This part of our program is designed for youth who have participated in treatment and have made a firm decision to remain abstinent. Youth will participate in weekly group counseling sessions and learn skills to prevent relapse and build a positive community support system to help them remain clean and sober.

Call Drug and Alcohol Services Today

South County Services
1523 Longbranch
Grover Beach, CA. 93433
Ph: 805-473-7080

North County Services
3556 El Camino Real
Atascadero, CA. 93422
Ph: 805-461-6080

